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THE INFLUENCE OF THE GLOBAL INTERNET ON THE PSYCHE OF ADOLESCENTS

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Annotation: The article deals with the problems of the influence of modern information technologies on the younger generation. The possible consequences of their negative impact are revealed.

Keywords: Internet, teenagers, information technology, psyche, Internet addiction.

As you know, today there are various forms and types of addiction, among which the most common are alcohol and drug addiction. But no less dangerous is another disaster among teenagers - Internet addiction. Often, teenage Internet addiction is understood as communication in social networks and spending time in role-playing online games. The real threat from such infotainment resources does not come until the child begins to replace them real communication with relatives and friends. Over a long period correspondence in social networks, most schoolchildren lose communication skills that help in development and self-realization in a child's life. So-called "emoticons" often replace manifestations smiles and real emotions and feelings.

Regular exposure to a computer screen leads to physical and mental problems. Playing and chatting on social networks and in various online games, the child stops meeting friends, going out at home, begins to lead a sedentary lifestyle, rarely in the fresh air. This state of affairs leads not only to deterioration of vision, rapid fatigue, the occurrence of problems with the gastrointestinal tract, to a violation of the musculoskeletal apparatus, but also with a psychological load, which manifests itself in isolation child and his aggressive behavior.

According to psychologists, young people are more likely to believe what they read or see because they are not fully immune to destructive, destructive ideas. It is a fact that in such cases it has a negative impact on the morale of young people and does not require proof. Scientists identify the following stages in the development of Internet addiction in teenagers. At the first stage, a teenager gets acquainted with the Internet, learns about it opportunities and chooses the variant of virtual reality that suits him. Gradually, he forms his own style in the network, replenishing his lack of communication or information that he lacks in real life. Further, there is a distance from real life, the teenager is more and more time begins to spend in the reality that he chose on the previous stages. Online time is increasing. Also in the second stage Internet addiction formation when a teenager stops using Internet to achieve life goals, there is a transfer of these same goals to virtual reality. The third stage is stabilizing. The problem is obvious, signs and symptoms Internet addiction is obvious, it gradually turns into a chronic form. Through for a while, the passion for the chosen interaction becomes less pronounced, the activity in the network goes out. A teenager comes back to reality however, he does this without any desire. Internet addiction persists but already in an inactive form, and increases with stress or with the appearance of new interesting topics.

The main signs that determine Internet addiction in adolescents are considered to be the following. A feeling of great joy before each new session, and without access to Internet sadness and despondency. A teenager by the ears cannot be pulled away from the monitor and under no pretext lure out into the

street. A teenager rarely meets with friends, i.e., slowly loses contact with peers offline. The teenager constantly updates the page on social networks, often checks e-mail mail, accounts on various sites, etc. The teenager loses the sense of time. Looking, it seems, on the case for several minutes, he hangs in the network for several hours and does not notice how quickly time flies. While surfing the Internet, he forgets about studies, household chores, meetings and agreements. A teenager visits websites not in order to find the necessary information, but visits on them aimlessly and mechanically. Spends a lot of money on the Internet, as well as on providing permanent updates, both various computer devices and software security. He also tries to hide it from his parents. At the physiological level, a teenager feels the consequences of prolonged sitting at the computer: pain in the eyes, aching joints, sleep disturbance and nutrition.

Experiencing the influence of information from the network on psychological well-being - negative news or messages cause a storm of negative feelings in a teenager emotions such as rage, sadness or anxiety. All of these are clear signs of internet addiction. The main thing it must be remembered that the teenager himself is overly enthusiastic about the Internet it is very difficult to notice.

Under the influence of the environment, a person socializes in the process of upbringing. The developmental environment of the modern man in which education is carried out has changed considerably. The influence of the world media, especially the Internet, is growing. Someone thinks the internet is good, someone thinks it is bad. Social media is a business today. They are attracting more and more viewers. I suggest understanding the essence of the said problem - who is right? In our eyes, the Internet has become a force that has radically changed the lives of many people. This has accelerated processes such as information search and messaging, education, communication, job search, business, dating, and even providing great opportunities for family building. But along with that, the Internet is pornographic videos that a child can easily “stumble upon” in search of information needed for school work; network games, which lead to gambling addiction in adolescents, as well as Internet addiction identified by psychiatrists, damage the psychological health of both children and adults when computer time is not controlled.

Users with Internet addiction syndrome need psychological and psychotherapeutic help. There are five main types of Internet addiction.

1. Cybersex addiction is when you visit porn sites and engage in cybersex.
2. Virtual dating addiction - superior virtual communication in conversations, forums, and more.
3. The obsessive need for the Internet is to make purchases in online stores and participate in virtual auctions, lottery contests.
4. Data overload (obsessive web-aimless) - endless travels on the Internet, consistent search for information.
5. "Game addiction" - addiction to computer games (shots - Doom, Quake, Unreal, etc., Warcraft and StarCraft strategies, missions).

Being in a network allows a person to feel in a creative role, to recreate their life and the world around them. Experts say that people who are connected to the Internet are often left alone or have problems communicating.

In conclusion, the Internet is a platform for free creativity. It is not worthwhile for us to be in the virtual world for a day with our direct commitment to shaping children’s moral principles and integrating them into society. The Internet unites people. At no time in the development of human civilization has there been a means of rapidly and fully uniting people in cities, in different countries, and even on different continents. From now on, people can find out how users live on the other side of the world with a few clicks. On the Internet, you can view maps, read, communicate, relax, work. However, all the advantages that this system can only offer to its users can be considered from two perspectives - positive and negative. The negative impact of the Internet is directly related to the user’s identity.

On the Internet, as with everything, measurements and precautions are necessary. Staying long enough on the internet protects a person from real life, replacing it with virtual life, which has a detrimental effect on psyche and health. You need to know when to stop at everything. Adolescents, especially in our country, spend many hours on the computer, which is detrimental to their health: prolonged sitting on the monitor has a negative effect on nerves, heart, vision and violence, the spirit is broken when most games are built. The endless desire and interest in the internet becomes addictive, which scientists recognize as an addiction, and it leads to similar consequences.

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